

Self Care & Over the Counter (OTC) Medication Program

Department of Preventive Medicine

Pharmacy Services

Bayne-Jones Army Community Hospital

Fort Polk, LA



OBJECTIVES

- Provide information to our Fort Polk community which will promote good health practices.
- Identify the use of common medications that are available through the Self-Care Program at Bayne-Jones Army Community Hospital (BJACH).
- Provide instructions on obtaining over the counter (OTC) medications.

INSTRUCTIONS

- This presentation is approximately 30 minutes in length.
- Please review all the slides.
- Make copies of the presentation as a reference tool to aid with the post test questions. *(To save paper use the handout selection – 3 to 6 per sheet)*
- Take the post test exam following the directions at the end of the presentation. (70% is a passing grade)
- Bring a copy of your test result to Pharmacy Services, to receive your OTC medication card .

What is Self Care?

- **“Self Care”** involves individuals taking action to control their own health, medical care, and well-being.
- Personal responsibility combined with health and wellness education help you avoid or be prepared to overcome health problems.

Examples of Self Care

- Treatment of minor illnesses such as sore throat
- Reactions to emergencies such as choking
- Seeking early treatment for problems
- Screening for diseases & problems
- Keeping up with immunizations
- Care of chronic diseases such as diabetes

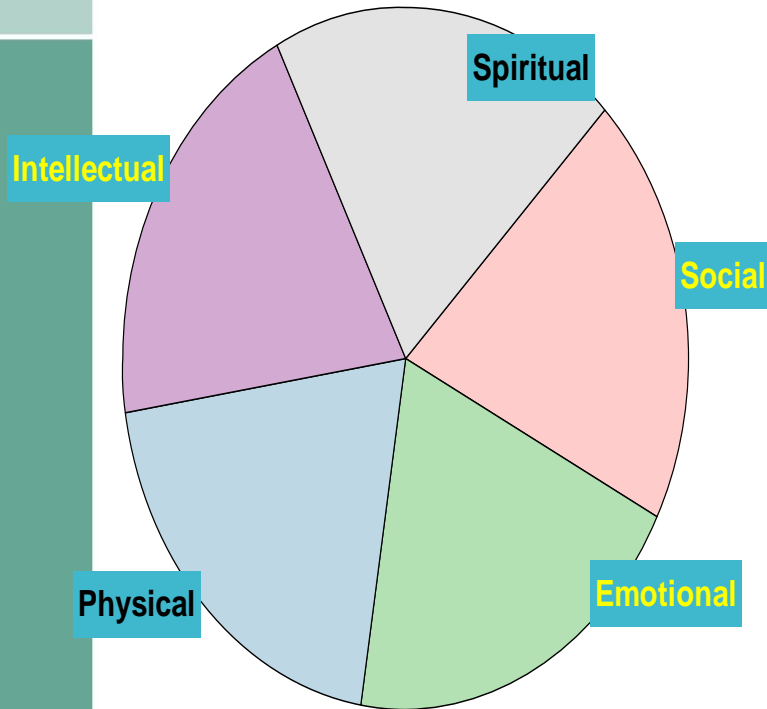
THE PERFORMANCE TRIAD INITIATIVE

The Performance Triad is part of the Army's Ready & Resilient Families Campaign. It is the foundation for Army Medicine's transformation from a System of Healthcare to a "*System for Health*".

The System for Health:

- **MAINTAINS** health through fitness and illness/injury prevention
- **RESTORES** health through patient-centered care
- **IMPROVES** health through informed choices in the Life Space (*time spent outside of a healthcare visit*)

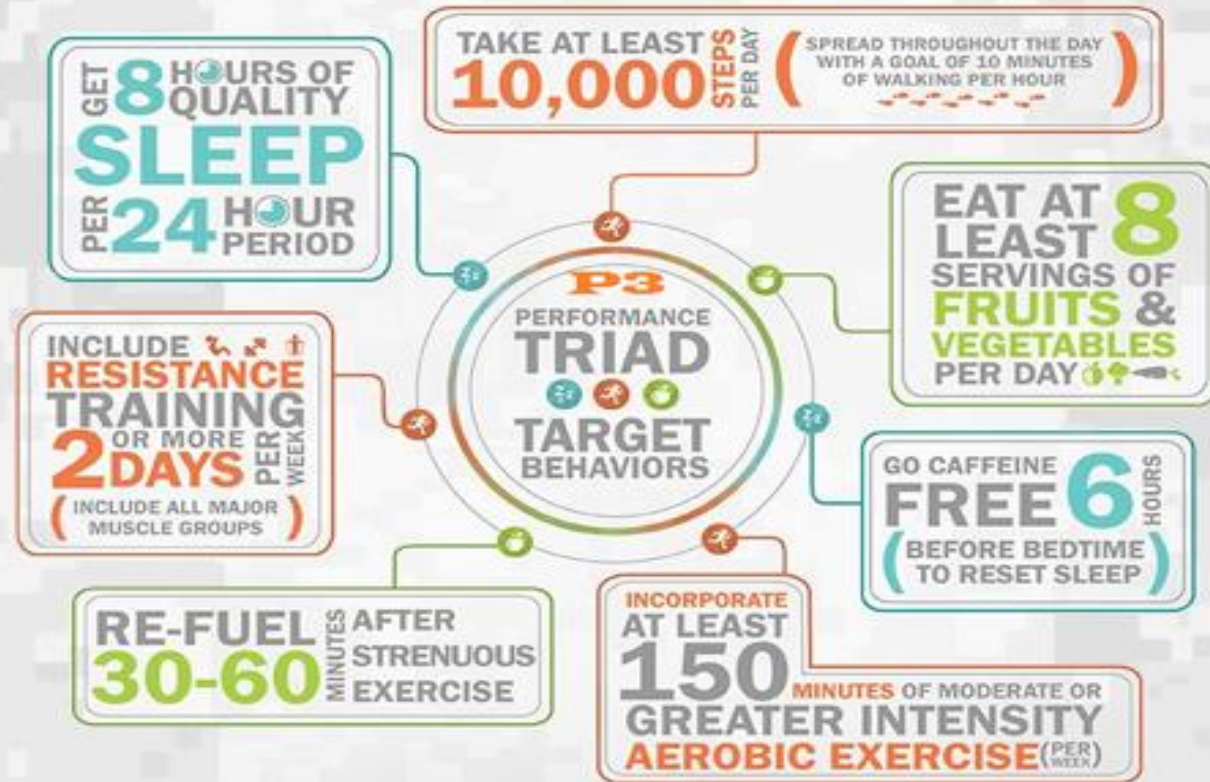
THE PERFORMANCE TRIAD & FIVE DIMENSIONS OF HEALTH & WELLNESS



Including all three areas of the Performance Triad in our lifestyle helps:

- Promote healthy Self Care habits.
- Work toward bringing all dimensions of Health & Wellness into balance.

PERFORMANCE TRIAD



Get started on a healthier lifestyle by following
“The Performance Triad” target behaviors:

- Get Quality Sleep
- Engage in Activity
- Improve Nutrition

PRESCRIPTION FOR SLEEP HEALTH



Infants

- Birth–2 months need 12–18 hours
- 3–11 months need 14–15 hours



Toddlers/Children

- 1–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–10 years old need 10–11 hours



Adolescents

- 10–17 years need 8.5–9.5 hours



Adults

- need 7—8 hours

<http://cdc.gov>
<http://www.sleepfoundation.org/>

PRESCRIPTION FOR SLEEP HEALTH

- Create a quiet, dark, comfortable sleeping environment.
- Use the bedroom only for sleep and intimacy.
- Stop caffeine at least 6 hours before bedtime.
- Don't drink alcohol before bed.
- Get your exercise in by early evening.
- Don't go to bed hungry.
- Maintain a consistent, regular routine that starts with a fixed wake-up time.
- Get out of bed if you can't sleep.
- Nap wisely and sparingly.
- Move the bedroom clock to where you cannot see it.



EXERCISE PRESCRIPTION FOR GOOD HEALTH

- Move at least 10 minutes per hour.
- Walk 10,000 steps per day which is approximately 5 miles.
- Use the stairs, take walking breaks, park farther away.
- Keep moving!

Prescription for a Prudent Diet

- **Eat a variety of foods** about every 4-5 hours
- **Eat more:** fruits and vegetables, whole grains, lean proteins, low-fat dairy, healthy fats.
- **Eat less:** processed, fast/convenience, fried, added sugars and refined grains, low nutrient density foods
- **Follow the My Plate guidance**
 - Choose 1/2 plate fruits/veggie
 - Choose more whole grains
- **Drink plenty of fluids** (water works best) – at least 8 glasses per day



BJACH TOBACCO PROGRAM

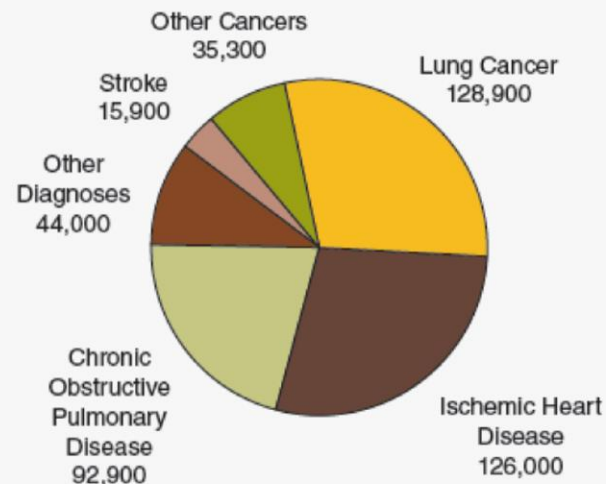
Don't Use Tobacco, If You Do Quit!!

Tobacco Cessation classes offered regularly

- Group Facilitated Sessions or Structured On-line
- Zyban & Nicotine Patches
 - Psychological Trigger

**Call Health Promotion
531-6880**

About 443,000 U.S. Deaths Attributable Each Year to Cigarette Smoking*



* Average annual number of deaths, 2000–2004.
Source: *MMWR* 2008;57(45):1226–1228.

IMPROVEMENT AFTER QUITTING

It's never too late to quit!

- The first week after quitting, the risk of heart attack decreases substantially.
- Two years after quitting, the risk of heart attack returns to average.
- After ten years, the risk for lung cancer is back to nearly normal.

ALCOHOL MODERATION

Excessive drinking includes **risky** drinking, binge drinking or both

What is a “Drink”?

- 12 ounces of regular beer or wine cooler
- 8 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits or “liquor” (gin, rum, vodka, whiskey)



Levels and Patterns of Drinking

▪ **Risky drinking**

- For women, more than 1 drink per day on average.
- For men, more than 2 drinks per day on average.

▪ **Binge drinking**

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.

Take Personal Responsibility

- **Know your body.**
 - Eating Habits
 - Bowel Habits
 - Normal Weight
 - Emotional State
 - Vision changes, Aches and Pains
 - Your normal Vital Signs
 - Temperature (96-99 degrees Fahrenheit)
 - Heart Rate (60-100 beats per minute)
 - Blood Pressure <120/80
 - Skin exams

Take Personal Responsibility

- **Get health screenings.**
 - Cholesterol
 - BP screening
 - Breast exams
 - Pap smears
 - Testicular exams
 - Prostate exams
 - Mammograms
 - Colorectal Screening
 - Dental exams
 - Vision exams
 - Stay Current with immunizations

Health Screening Schedule

AGES		20-29	30-39	40-49	50 and older
Physical Exam		Every 1-2 years for adults 19-49 years of age.			
Blood Pressure					
Vision		Every two years for adults ages 18 to 60, and annual exams for seniors age 61 and older			
Pap Smear	W O M E N	Test every 1-3 years if you are 21-65 based on history. After 65 with recent normal pap smears, you do not need a Pap Smear			
Mammography					
Breast Self-Examination		Monthly	Monthly	Monthly	Monthly
Professional Breast Examination					
Pelvic Exam					
Testicular Self Exam (Men)		Discuss with your Doctor			
Prostate Cancer Screening		Discussion of risks/benefits of prostate screening with your Doctor. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.			
Colorectal Cancer Screening		All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.			
Cholesterol Blood Test		Routine every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease			
Glaucoma Screening					
Regular Dental Checkup					



Every year



Every 1-2 years



Every 2-3 years



Every 3-5 years

CDC Vaccine Schedule App

Download the App

Note: If you previously downloaded the tool, check that you have version 2.0.1 with 2015 schedules and footnotes.

Download "CDC Vaccine Schedules" free for iOS and Android devices.



Product Specs

Version: 2.0.1

Requirements: Requires iOS 5.0 or later and Android 2.1 or later; optimized for tablets and useful on smartphones.

Updates: Changes in the app are released through app updates.

Download app free for **iOS**



Download app free for **Android**



Take Personal Responsibility

Manage Stress

Protect your mental and physical health by engaging in healthy activities that help you manage your stress at work and at home.

Stress Busters...

- Take Charge – Be Responsible
- Stay Connected
- Stay Active
- Random Acts of Kindness
- Smile!



Practice Good Health Habits

Good Health Habits...

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can help keep you from getting sick.

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose or mouth
- Practice good health habits



Early Treatment

Seek medical treatment concerning new problems

- Fever
 - Fever above 100.4° F in infant under 3 months
 - Fever above 102.2° F in baby 3-12 months
 - Any fever lasting more than 2 days in child under 2 yr
 - Any fever lasting more than 3 days in over 2 yr-old
- Unexpected rash with fever
- Vomiting & diarrhea for more than a few hours (any age child)
- A cough/cold that's not better in a week, or a cold that gets worse after a few days with a “late” fever
- Ear pain with fever or drainage from ear
- Not drinking fluids for more than 12 hours
- Sore throat with problems swallowing
- Sharp/persistent pain in the abdomen or stomach
- Unexplained weight loss
- Blood when coughing / Blood in urine
- Lump in your breast or testicles

Early Treatment

- Have a PLAN
 - Doctor's office phone/appointment number
 - Where to go for an emergency
 - Where/how to get self-care information

BJACH

- **www.polk.amedd.army.mil**
- **ER** (call 911 for emergency)
(337) 531-3368
- **BJACH Call Center**
(337) 531-3011
 - Appointments
 - Nurse Advise
 - Pharmacy Refills



Private Help 24/7
Call: 1.800.342.9647

TRICARE On-Line

- Free access to TRICARE beneficiaries
- Excellent source of self-care information
- Medical Features:
 - Appointment scheduling
 - Be Well
 - Medical Conditions
 - Over the Counter Medication information
 - Self-Care Treatment Information
 - Medication Interaction Check
- TRICARE online website: www.tricareonline.com

BJACH Self Care Program

- **Promotes self-care**
- **Provides over the counter (also known as: OTCs) medications without requiring a prescription from your Primary Care Provider**
- **Limit of 2 medications per individual per 30 day period**
- **Maximum of 4 medications per family per 30 day period**

Who is Eligible?

- Patients eligible for pharmacy services at the Military Treatment Facility (MTF)
- Proof that at least 1 adult family member has completed a self-care education session
- NOTE: documentation of completion of a self-care program at another facility will be accepted at BJACH.

Available Medications

- **Pain relievers**
 - Acetaminophen (Tylenol)
 - Ibuprofen (Motrin)
- **Allergy/Sinus**
 - Phenylephrine (SudoGest-PE)
 - Diphenhydramine (Benadryl)
 - Loratadine (Claritin)
 - Nasal Saline
 - Cepacol throat lozenges
- **Cough**
 - Guaifenesin
w/Dextromethorphan
(Robitussin DM)
- **Stomach**
 - Maalox / Mylanta generic
 - Bismuth Subsalicylate
(Pepto Bismol)
 - Milk of Magnesia
 - Simethicone drops (infant)
- **Topical /Vaginal**
 - Bacitracin
 - Clotrimazole (anti-fungal) topical and vaginal
 - Hydrocortisone cream 0.5 & 1.0 %
 - Tolnaftate powder (Tinactin) anti fungal
 - Zinc Oxide ointment

Advice on OTCs

- **ALWAYS:**

- ✓ Read ingredients and intended use for the medication
- ✓ Pay attention to the label warnings
- ✓ Ask a pharmacist or provider if you have any questions
- ✓ See your provider if symptoms persist for longer than 48 hours

- **NEVER:**

- ✓ take more than advised on the label

“OTC” does NOT mean it is Safe

- **Not all Over the Counter (OTCs) medications are safe for all patients**
- If you have any of the following conditions check with your healthcare provider before taking any new OTC medication:
 - Diabetes
 - Hypertension
 - Thyroid disease
 - Enlarged Prostate
 - Currently Pregnant
 - Currently Nursing
 - Pediatrics

Note:

chlorpheniramine is not included in the Self-Care Card. This slide is an example of a drug facts label.

Drug Facts

Active ingredient (in each tablet)

Chlorpheniramine maleate 2 mgAntihistamine

Purpose

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

■ you may get drowsy ■ avoid alcoholic drinks
■ alcohol, sedatives, and tranquilizers may increase drowsiness
■ be careful when driving a motor vehicle or operating machinery
■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Active Ingredient

An active ingredient is the chemical compound in the medicine that works with your body to bring relief to your symptoms. It can always be found as the first item on the label.

Uses

Sometimes also referred to as indications, this section tells you the ONLY symptoms the medicine is approved treat.

Warnings

This section will tell you what other medications, foods or situations to avoid (such as driving) when taking this medicine.

Inactive Ingredients

An inactive ingredient is a chemical compound in the medicine that has no effect on your body. Preservatives, items that bind the pill together and food colors are listed here.

Other Information

Any other important information about the product, such as how to store the medicine, will be listed in this section.

Directions

The only recommended daily dosage and frequency of dosage will be listed here. You should follow this strictly. Its' not just how much you take, but also how often.

What medication should I take?

Your Symptoms	Active Ingredients	Warning / Precautions**
Runny Nose Sneezing Post Nasal Drip Watery eyes	Diphenhydramine or loratadine (Benadryl/Claratin)	CAUTION: May cause drowsiness Avoid Alcohol while taking <u>Speak with your provider if you have:</u> - Prostate disease (may worsen your urinary symptoms)
Congestion, “Stuffy nose” Sinus Pressure	Phenylephrine (SudoGest)	CAUTION: Will elevate your heart rate and blood pressure and may cause difficulty sleeping Should NOT be used long-term <u>Speak with your provider if you have:</u> -High Blood pressure or Hypertension -Heart Disease
Cough	Guaifenesin with or without Dextromethorphan (Robitussin or Robitussin DM)	Drink plenty of water.

****This list does NOT include all safety concerns, consult the medication label for full details**

What medication should I take?

Your Symptoms	Active Ingredients	Warning / Precautions**
Fever and / or Pain	Acetaminophen (Tylenol)	<p>CAUTION:</p> <p>Never take more than one medication with the same active ingredient</p> <p>Maximum daily dose for adults: 4,000 mg</p> <p>AVOID ALCOHOL</p> <p><u>Speak with your provider if you have:</u></p> <ul style="list-style-type: none"> - Liver disease
Fever and/ or Pain and Inflammation	Ibuprofen (Motrin)	<p>CAUTION:</p> <p>Never take more than one medication with the same active ingredient</p> <p><u>Speak with your provider if you have:</u></p> <ul style="list-style-type: none"> - Kidney Disease - If you take blood thinners (e.g., Coumadin®, Plavix®) - If you have any history of stomach bleeds

****This list is does NOT include all safety concerns, consult the medication label for full details**

Cough/Cold Medications in Children

- What should parents know about using cough and cold products in children?
 - Do **not** use cough and cold products in children under 6 years of age UNLESS given specific directions to do so by a healthcare provider.
 - Do not give your young child medicine that is supposed to **be used in older children or made for adults. THIS CAN BE LETHAL!**
 - Do not use antihistamine products to make a child sleepy.

Generic vs. Brand Medications

- Generics are **REQUIRED** to be equivalent in active ingredient dose to the brand name
- Some generics are made by same company as brand
- Generic medications may look different from brand name because they contain different inactive ingredients or colors
- A tremendous amount of money is saved by using generics!

How do I get the medications?

- Go to Pharmacy
- Choose the correct ticket from pharmacy:
 “New Prescription”
- Select Self-care request form from basket on wall.
- Present to window when called and be prepared to:
 - Show valid military ID
 - Show Self-Care Card
 - Complete Self-Care OTC request form

Store Medication Safely!

- Children may think certain over the counter and prescription medications are candy.



Ferrous Sulfate



Red Hots®



Ibuprofen



Good N' Plenty®



Aspirin



Skittles®



Ephedrine



Good N' Plenty®



Depakene



Good N' Fruity®



Amitriptyline



Cinnamon Candy

- **SMALL** amounts of certain medications in children can be **FATAL**.
- **ALWAYS** store **ALL** medication out of reach of children

See more examples of medications that look like candy at: www.poison.org

“Your” Medicine Cabinet

- **Reminder:**
 - Clean Out the Medicine Cabinet Annually
 - Never share medication-Do not use other people’s medications.
 - Childproof your Medicine Cabinet
 - Dispose of medication when treatment course is completed
 - Dispose of expired medications

Important BJACH Phone Numbers

Central Appointments/Triage Nurse (337) 531-3011

TRICARE Website: www.tricareonline.com

EMERGENCIES

911

Emergency Room (337) 531-3368/3369

Health Benefits Advisor (337) 531-3974

Patient Representatives (337) 531-3628/3880

Outpatient Pharmacy (337) 531-8090

Poison Control (not BJACH) 1-800-222-1222

Military One Source 1-800-342-9647

Suicide Prevention Lifeline 1-800-984-8523

Wounded Soldier and Family Hotline 1-800-984-8523

Behavioral Health (337) 531-3022 or

(337) 653-2349

Health Promotion Program (337) 531-6880

Test your Knowledge

- Go to
 - <http://quizstar.4teachers.org/indexs.jsp>
- Follow the next slides to register, enroll and take the quiz.

Click Sign Up



The image shows a screenshot of the QuizStar website. At the top left is the 'QuizStar' logo in a stylized orange font. Below it, the text 'Welcome to QuizStar!' is followed by 'QuizStar is very easy to use!'. A list of steps for a first visit is provided: 1. Sign up, 2. Search for your teacher's classes, 3. Register for classes, and 4. Start taking quizzes. Another list for returning users follows: 1. Login, 2. View quizzes to take, 3. Review previously taken quizzes, and 4. Search for additional classes. On the right side, there is a 'Login' section with fields for 'Username:' and 'Password:', and a 'Submit' button. A yellow arrow points to a 'Sign Up' button, which is highlighted by a blue square and an arrow from the text 'Click Sign Up' on the right.

QuizStar

Welcome to QuizStar!

QuizStar is very easy to use!

First visit to QuizStar?

1. Sign up
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Returning to QuizStar?

1. Login
2. View quizzes to take
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4. Search for additional classes

Login

Username:

Password:

Sign Up

Click Sign Up

Registering

- Enter

- First Name
- Last Name
- Username
(example first
initial of last
name then
sponsors last
four) or your
choice
- Password of
your choice

Student Registration

Enter your personal information in the form below. If you forget your password you can contact your instructor to have your password reassigned.

Enter your information

First Name: Joe

If you are under age 13, type your first name and last initial. Please do not enter any personally identifiable information.

Last Name: DOE

Username: D1234

Create a unique Username used every time to login to QuizStar (minimum of 3 characters with no spaces)

Create Password: ●●●●

Use a password that is easy to remember but secure from other people. (minimum of 4 characters)

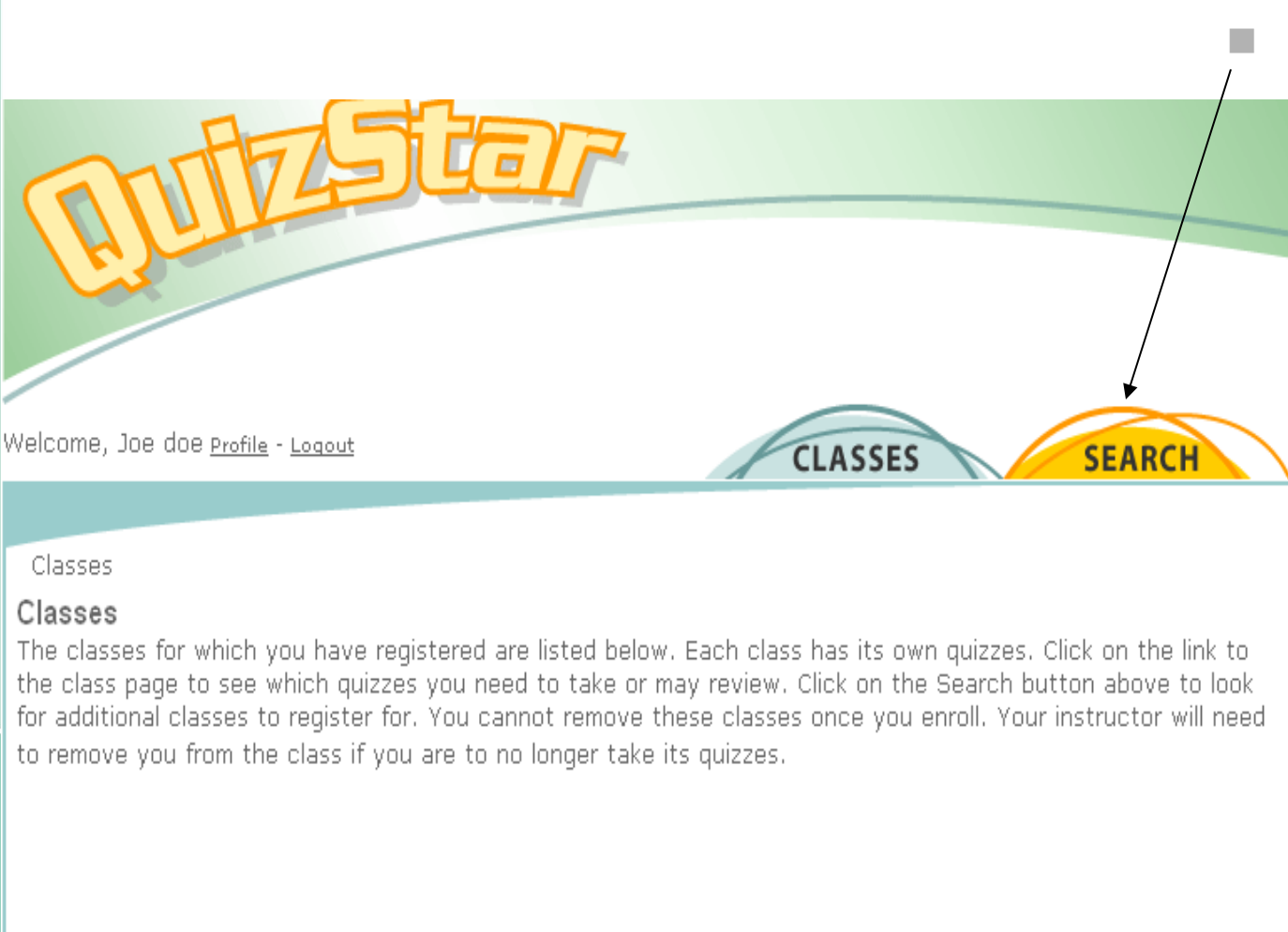
Re-type Password: ●●●●

NOTE - your instructors are able to change your profile information at any time.

Register

Cancel

Finding the Quiz



The screenshot shows the QuizStar website. At the top left is the "QuizStar" logo in a stylized orange font. Below the logo, on the left, is a welcome message: "Welcome, Joe doe [Profile](#) - [Logout](#)". In the center of the top navigation bar are two buttons: "CLASSES" and "SEARCH". The "SEARCH" button is highlighted with an orange oval. An arrow points from the text "Click Search" to this button. Below the navigation bar, the "Classes" section is visible, starting with the heading "Classes" and a paragraph of text.

Click Search

Welcome, Joe doe [Profile](#) - [Logout](#)

CLASSES **SEARCH**

Classes

Classes

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or may review. Click on the Search button above to look for additional classes to register for. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are to no longer take its quizzes.

Finding the Quiz

- Look under “Quiz Search”
- Enter “Self Care BJACH”
- Then Click Exact Match
- **It is Important to use exact spelling and spacing**

Search for Classes/Quizzes

Class & Quiz Search

Search for classes using a class or quiz title, the instructor, or a keyword. You can look for up to four classes and/or two quizzes in a single search. This saves you time when registering for classes.

Search
Type in a class or a quiz to look for

⇒

Results
Select the class you want to register for

⇒

Finished
Find out what you have been registered for, then go to Classes

Class Search		
Class #1:	Class Title ▾ --->	Search for up to four classes at the same time, then click Search. Exact Match Keyword Search
Class #2:	Class Title ▾ --->	
Class #3:	Class Title ▾ --->	
Class #4:	Class Title ▾ --->	

Quiz Search		
Quiz #1:	Quiz Title ▾ --->	Search for up to two quizzes at the same time, then click search. Exact Match Keyword Search
Quiz #2:	Quiz Title ▾ --->	

SELF CARE/OTC BJACH

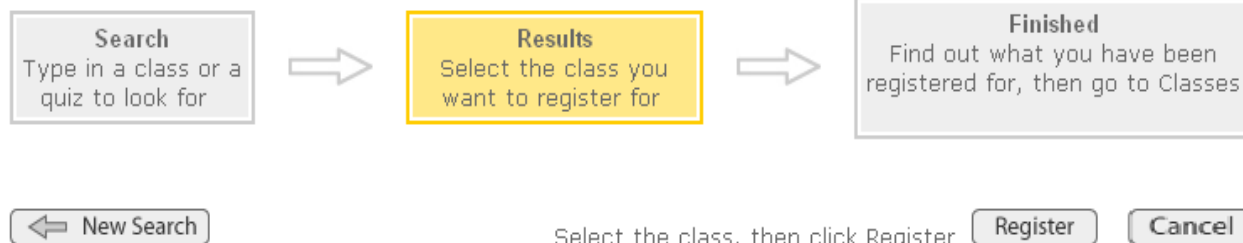
Registering for the Quiz

Check Box
beside
“ Self Care
BJACH ”

Click
Register

Search Results

Select the classes you wish to register for then click the Register button. The next screen will confirm your registration status for those classes. If you are not satisfied with these results, click the New Search button to perform a new search.



Quiz #1 Results

Searched: Self Care/OTC

<input checked="" type="checkbox"/>	Quiz Title	Class Title	Instructor	Email	Time	Public/Private
<input checked="" type="checkbox"/>	Self Care/OTC BJACH	SELF CARE/ OTC	BJACH Health Promotion Fort Polk, LA	DAMEDD.ARMY.MIL	24 hours / 7 days a week	Public course

1 result(s)

← New Search

Select the class, then click Register

Register Cancel

[Register \(to top\)](#)

Now you're Registered

- Click Classes

Welcome, Joe doe [Profile](#) - [Logout](#)

[CLASSES](#) [SEARCH](#)

[Search for Classes/Quizzes](#) > Results > Finished

Finished

Displayed below should be the classes you have registered to. Some classes are Private, meaning your Instructor has to accept you into the class before you can begin taking quizzes. Go to [Classes](#) to see all of your classes listed to start taking quizzes.

Search
Type in a class or a quiz to look for

⇒

Results
Select the class you want to register to

⇒

Finished
Find out what you have been registered to, then go to Classes

Registered

You are registered for these courses:

Status	Class Title	Instructor	Email	Time	Public/Private Course
success	Self Care/OTC BJACH			24 hours / 7 days a week	Public

Almost there

Welcome, Joe doe [Profile](#) - [Logout](#)

CLASSES

SEARCH

Classes

Classes

The classes for which you have registered are listed below. Each class has its own quizzes. Click on the link to the class page to see which quizzes you need to take or may review. Click on the Search button above to look for additional classes to register for. You cannot remove these classes once you enroll. Your instructor will need to remove you from the class if you are to no longer take its quizzes.

SELF
CARE/OTC
BJACH

time: 24 hours /
7 days a week



[1 Untaken Quizzes](#)



[0 Started Quizzes](#)



[0 Expired Quizzes](#)

Click
Untaken
Quizzes

Click Take

Welcome, Joe doe [Profile](#) - [Logout](#)

CLASSES

SEARCH

SELF CARE/ OTC's Quizzes

Make a selection from the list of [Untaken](#), [Started](#) or [Expired](#) Quizzes to **Take** or **Review** a quiz. If you want further instructions about using this page, go to the [Directions](#) at the bottom of this page.



Untaken Quizzes

[Help](#)

Quiz Title (with attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
Self Care/OTC BJACH	Always Active	Always Active	5	-	Take	Review



Started Quizzes

[Help](#)

Quiz Title (with Attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
There are no Started Quizzes to take.					Take	Review



Completed/Expired Quizzes

[Help](#)

Quiz Title	Start Date	Due Date	Points	Score	Take Quiz	Review Quiz
There are no Expired Quizzes to review.					Take	Review

Click Take

Start the Quiz

- You may now start the Quiz
- Feel free to refer to the slides throughout the quiz
- If you receive a score of 70% or higher, print your results page. Bring test results to Pharmacy Services to receive credit for the training and be entered as “OTC” trained.

**If you have questions, contact Health Promotion at
(337) 531-3255 or (337) 531-6880**